## WE CLAIM:

1. A system for elevating a construction implement relative to a surface of a structure under construction, the surface having a hole formed therein, the system comprising:

a support post having a generally hollow center axis, the support post positioned within the hole so that sidewalls of the support post generally conform with inner walls of the hole;

a feed inlet provided in the support post;

a quantity of granular material provided through the feed inlet and into the support post; and

at least one jack for elevating the support post and thus the construction implement relative to the surface of the structure under construction.

2. The system of Claim 1 further comprising:

a outlet positioned at a lower end of the support post, the outlet having a diameter smaller than an inner diameter of the support post.

3. The system of Claim 1 wherein the feed inlet comprises a spout positioned at an upper end of the support post.

- 4. The system of Claim 1 wherein the granular material comprises pea gravel.
  - 5. The system of Claim 1 further comprising:

a flange formed along a sidewall of the support post, the jack positioned between the surface of the structure and the flange to enable the elevation of the support post relative to the surface.

- 6. The system of Claim 1 further comprising: a loader;
- a hopper connected to the front of the loader and providing the granular material to the feed inlet of the support post.
- 7. The system of Claim 1 wherein the construction implement comprises at least one of a conveyor apparatus; a boom conveyor and a crane.
- 8. The system of Claim 1 wherein the conveyor apparatus provides the granular material to the feed inlet of the support post.

9. A method for elevating a construction implement relative to a surface under construction, the method comprising the steps of:

erecting a support post on the surface, the support post having a generally hollow cavity along a center axis;

dumping a quantity of granular material into the hollow cavity;

jacking the support post and thus the construction implement relative

to the surface; and

permitting a portion of the granular material to disperse beneath the support post.

- 10. The method of Claim 9 further comprising the step of:
  allowing a bottom portion of the support post to rest on the granular
  material beneath the support post.
  - 11. The method of Claim 9 further comprising the steps of: providing a hole in the surface; and erecting the support post within the hole.
  - 12. The method of Claim 9 further comprising the steps of: providing a concrete foundation on the surface; and erecting the support post within the concrete foundation.

- 13. The method of Claim 9 further comprising the steps of:
  capping a lower end of the support post with an outlet having a diameter
  smaller than an inner diameter of the support post.
- 14. The method of Claim 9 further comprising the step of:
  choking the dispersal of the granular material from the bottom of the support post.
- 15. The method of Claim 9 wherein the granular material is poured through a feed inlet provided in the support post.
  - 16. The method of Claim 9 further comprising:

positioning the jack between a flange formed in the upper surface of the support post and the surface of the structure to enable the elevation of the support post relative to the surface.

17. The method of Claim 9 further comprising the step of:

pouring the granular material into the support post using a loader having
a front-mounted hopper.

- 18. The method of Claim 9 further comprising the step of:

  providing the granular material into the support post using a conveyor apparatus attached to a top of the support post.
- 19. A method of elevating a support post relative to a surface of a structure under construction building a rock filled dam using a self-raising conveyor to distribute rocks along the length of the dam.
- 20. The method of Claim 19 wherein the support post includes a hollow cavity extending along a center axis of the support post.